# Forest School

## Inspiring Learning In Nature

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At Silverdale Forest School, we believe the best classrooms have no walls. Here, the rustle of leaves replaces the hum of fluorescent lights, and curiosity leads the way. Our sessions invite children to explore, create, and grow in a safe, natural environment - building confidence, resilience, and a lifelong connection to the world around them.

**Led by Lesley Marchant-Hall – Forest School Leader**

# Welcome & Mission

## Where Nature Becomes the Classroom

Silverdale Forest School is rooted in the belief that every child thrives when given the freedom to explore, imagine, and discover in the great outdoors. Inspired by Scandinavian practice and brought to the UK in 1994, our approach blends child-led learning with the rich, ever-changing environment of the woodland. Here, curiosity is the compass, and every fallen branch, birdsong, or muddy puddle becomes a spark for growth, creativity, and connection.

- Originating in Scandinavia, introduced to the UK in 1994
- Connecting children with nature through play and exploration
- Sessions are child-led, curiosity-driven, and rooted in respect for the natural world

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# What Is Forest School?

## A Different Kind of Learning

Forest School is a learner-centred approach that nurtures confidence, resilience, and creativity through regular outdoor sessions in a natural setting. By encouraging exploration and hands-on experiences, children develop practical skills, emotional intelligence, and a deeper respect for the world around them.

- 🌱 Self-awareness
- 💬 Communication skills
- 💡 Intrinsic motivation
- ❤️ Empathy for others and nature
- 🛠️ Independence
- 🌟 Confidence

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# Our Aims

## Growing Skills for Life

At Silverdale Forest School, every activity is designed to spark curiosity, build resilience, and help children see themselves as capable problem-solvers. We equip them with social, emotional, and practical skills they'll carry through life - from working together and persevering through challenges to caring for the world around them.

- 🌱 Foster Curiosity – Inspire a love of learning through exploration
- 🤝 Encourage Teamwork – Build trust, cooperation, and shared problem-solving
- 🧠 Support Wellbeing – Strengthen emotional resilience and self-belief
- 🌍 Inspire Stewardship – Cultivate respect and care for the environment

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# Who We Work With

## Inclusive, Accessible, Welcoming

We welcome all children, of all abilities and backgrounds, tailoring activities to different learning styles - visual, auditory, and kinaesthetic. Our inclusive approach ensures every child feels valued, supported, and able to succeed in their own way.

- 👶 All children, all abilities, all backgrounds
- 🎯 Activities tailored to sensory learning styles
- 👐 Support for additional needs and diverse learning preference

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# Our 6-Week Journey

## From First Steps to Forest Confidence

Over six weeks, children grow from curious explorers to confident woodland adventurers. Each session builds practical skills and teamwork - from tree ID and fire lighting to bug hunting, pond dipping, fire safety, and building shelters with sticks. Every activity is rooted in creativity, care, and connection to nature.

- **Explore & Identify –** Bug hunting, pond dipping, leaf and tree ID
- **Safety & Mapping –** Boundaries, 3D maps of our site
- **Woodcraft & Storytelling –** Bow saws, palm drills, mud monsters
- **Campfire Cooking –** Fire safety, shared meals
- **Bushcraft Skills –** Kelly kettles, Shelter building
- **Reflection & Play –** Free exploration, nature games, story circle

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# Impact & Outcomes

## The Transformation We See

We see remarkable changes. Children who arrive hesitant and unsure leave with greater confidence, stronger communication skills, and a renewed sense of curiosity. They learn to work together, solve problems, and embrace challenges - skills that last far beyond the forest.

⏳ **Before:** Hesitant, limited teamwork, low confidence outdoors

⚡ **After:** Eager to explore, strong communication, resilient and nature-connected

📊 Nationwide research by the New Economics Foundation found that 85% of children showed increased confidence after attending Forest School

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# Why It Matters

## More Than Just Outdoor Play

Forest School is more than outdoor play - it’s an investment in lifelong learning, wellbeing, and environmental care. By connecting children with nature, we help them develop resilience, empathy, and creativity they’ll carry into every part of their lives.

- 📊 Evaluations by Newcastle University found measurable improvements in emotional wellbeing, resilience, and social skills
- 📊 Studies highlight significant development in language and communication, particularly for children who struggle in traditional classrooms
- 📊 Long-term programmes have been shown to boost persistence, problem-solving, and intrinsic motivation

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# Join Us

## Let’s Grow Together

Give your child the chance to explore, create, and grow in a safe, inspiring woodland setting. At Silverdale Forest School, every session is an opportunity to build confidence, make friends, and develop skills that last a lifetime - all while having unforgettable fun in nature.

- 🌱 **Build Confidence** – Learn new skills and take on exciting challenges
- 🤝 **Make Friends** – Join a welcoming, supportive group of fellow explorers
- 🌍 **Connect with Nature** – Discover the wonders of the woodland in every season

💬 ***"In every walk with nature, one receives far more than he seeks."***
**John Mui**

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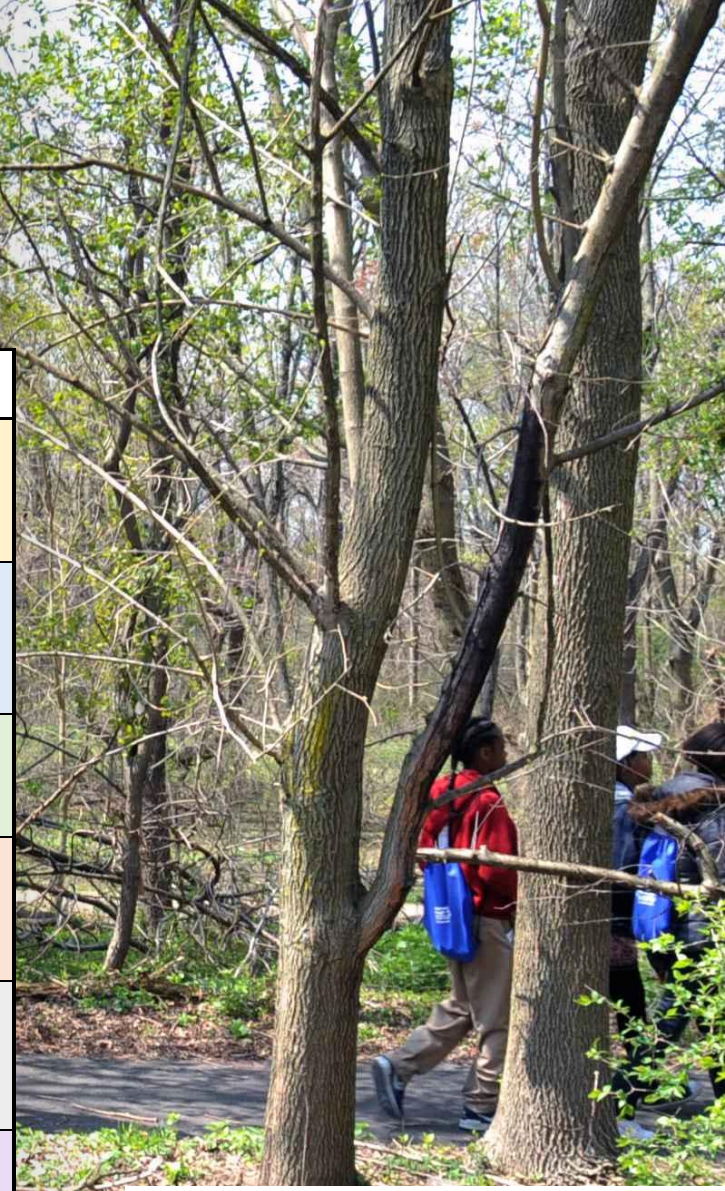
# 2025 – 2026 Timetable

| | EYFS | YEAR 1 | YEAR 2 | YEAR 3 | YEAR 4 | YEAR 5 | YEAR 6 |
|---|---|---|---|---|---|---|---|
| TERM 1 | CHERRY CLASS | HOLLY CLASS | ASPEN CLASS | WHITEBEAM CLASS | ELDERFLOWER CLASS | BEECH CLASS | MAGNOLIA CLASS |
| TERM 2 | APPLE CLASS | ELM CLASS | PINE CLASS | ROWAN CLASS | LIME CLASS | HORNBEAM CLASS | BLACKTHORN CLASS |
| TERM 3 | OLIVE CLASS | MAPLE CLASS | SYCAMORE CLASS | CEDAR CLASS | JUNIPER CLASS | HAZEL CLASS | ELDER CLASS |
| TERM 4 | CHERRY CLASS | HOLLY CLASS | ASPEN CLASS | WHITEBEAM CLASS | ELDERFLOWER CLASS | BEECH CLASS | MAGNOLIA CLASS |
| TERM 5 | APPLE CLASS | ELM CLASS | PINE CLASS | ROWAN CLASS | LIME CLASS | HORNBEAM CLASS | BLACKTHORN CLASS |
| TERM 6 | OLIVE CLASS | MAPLE CLASS | SYCAMORE CLASS | CEDAR CLASS | JUNIPER CLASS | HAZEL CLASS | ELDER CLASS |

| | |
|---|---|
| AM SESSION | 9.35AM – 11.35AM |
| PM SESSION | 1.00PM – 3.00PM |



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